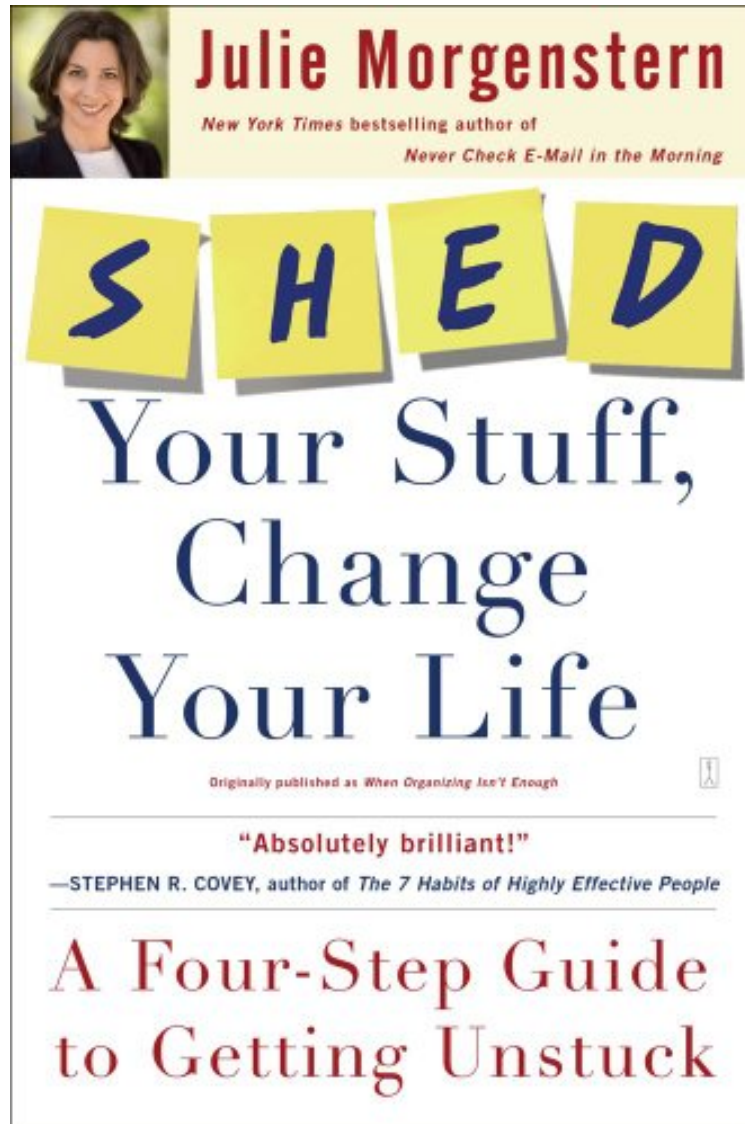


[Free] SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck

SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck

Julie Morgenstern

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Julie Morgenstern : SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck before purchasing it in order to gauge whether or not it would be worth my time, and all praised SHED Your Stuff, Change Your Life: A Four-Step Guide to Getting Unstuck:

33 of 33 people found the following review helpful. A pirate's treasure map and shovel so you can find buried riches and leave the deserted island By fan This book is the pirate's treasure map and shovel; use these to dig the hole and find the payoff: a free one-way trip from Stuck Island. Six months ago, while I waited for the book to arrive, I entered the

SHED cycle based on information in other reviews of this book. During that week I second-guessed the order - couldn't I declutter and get unstuck without it? The answer is "yes" - after all, the author got unstuck years ago without having this book, but not systematically: she had to figure it out over a period of years. I made a big declutter a couple of years ago but it wasn't on the scale Julie recommends. Although my home looked better, my life didn't get noticeably unstuck. Clearly I needed a systematic, tried-and-refined method. This book offered it. This systematic program allows you to be productive quickly but, because you are doing some intensive psychological rearranging, you must allow for organic evolution. For me it wasn't a matter of doing Step 1, then Step 2 in linear fashion, as the book suggests. There were several steps going on simultaneously. For example naming my theme was not a simple one-week task, even with the helpful examples; it was continually refined throughout the SH steps. I naively thought I'd finish all the SH steps within a month or two, but I had to rest after each stagnant area because I was drained. It's not like I had a ton of stuff but there were some significant dead zones. I worked hard throughout Spring and Summer. Then a couple of curious things happened with no effort on my part: I was transferred to a new job in a less dysfunctional setting and a friend told me about a new beginner-level class that I had been unable to find earlier. This class was perfect for launching the shed's ED phase. These two events were like having previously deadbolted doors thrown wide open for me. Open doors are a wonderful thing to behold when you are stuck. Someday I just might realize that long-forgotten dream (a hidden treasure) that I remembered while sorting through a box of cassette tapes. After the SH grind I am more keenly aware of clutter (in all forms) when it first shows up on the radar...and I don't allow it on board. This book is like having a personal coach on retainer. Julie will tell you that even though you can't see any life-treasures right now they are there, buried under the sands of time. All you need is the pirate's map and a shovel. You will feel reassured when Julie says "Nearly all my clients experienced XYZ during this step." You will be able to gauge your progress when Julie says "You will know you have done enough when ABC happens..." Your determination will be renewed when Julie says "One year later, Client X reported they had more clarity and energy and they felt their life was on track." 2 of 2 people found the following review helpful. Not just a book for hoarders - it is not just about the "stuff" By Steve Price While the title may lead you to believe this is just another book about how to get rid of stuff you do not need (I had this impression myself,) this is so not the case. This book is not just for hoarders, it is for anyone who has stuff, habits, and/or obligations that do not help them accomplish what they want to accomplish in life. The funny thing is you may have these things in your life but not fully realize it until you read this book. 7 of 7 people found the following review helpful. Going Beyond Reorganizing/Decluttering By Susan Y Shuler This book goes beyond the plethora of books on how to de-clutter and reorganize. It also looks at how to move to the next phase in one's life. Many people may organize their whole house and find themselves still stuck in the same rut, with the same bad habits, failing to understand why, or especially how to move forward. This book helps enormously with that dilemma.

Expert organizer and New York Times bestselling author Julie Morgenstern teaches you how to get rid of the physical, mental, and time clutter that's keeping you from the life you want. Julie Morgenstern has made a career out of helping her clients get organized. But in the process, she discovered something surprising: for many of her clients, organizing isn't enough. For those who are eager to make a change in their lives—a new job, a new relationship, a new stage in life—they need to get rid of the old before they can organize the new. They need to SHED their stuff before they can change their lives! So Julie created the SHED process—a four-step plan to get rid of the physical, mental, and schedule clutter that holds back so many of us. But SHEDding isn't just about throwing things away! Julie teaches that it's just as important to focus on what comes before and after you heave the clutter, so that the changes you make really stick in the long term. Learn about: • Separating the treasures (figuring out what really matters) • Heaving the rest (undertaking the tough work of eliminating excess) • Embracing your true identity (figuring out who you really want to be) • Driving yourself forward (achieving real change now that the past isn't holding you back any longer) Whether you're facing a move, a promotion, an empty nest, a marriage, divorce, or retirement, SHED Your Stuff, Change Your Life provides a practical, transformative plan for positively managing change in every aspect of your life.

From Publishers Weekly Morgenstern, a professional organizer with clients like Time Warner, shares advice and anecdotal revamp stories for anyone who ever needed to clean out a drawer, closet or personal planner. Her guiding principle in fighting clutter, over-scheduling and bad habits is called SHED: Separate treasures, Heave the rest, Embrace identity from within, and Drive yourself forward. Morgenstern's chatty advice includes ways to let go, develop a "theme" for your future and "heave" successfully (with lists of places to send stuff). Her theory is that, although one may miss certain possessions or habits, freed-up space will inevitably open unseen vistas, allowing the new you to move forward. Morgenstern supplies timelines, entire chapters on living in the moment and breaking the mold, as well as quizzes and work sheets. She also examines, in-depth, typical emotional reactions to shaking free of the old, and encourages small steps toward revolution: "Don't be so quick to reenact the Boston Tea Party." Client case studies pose intriguing challenges, from obsessive email checking to good but unfulfilling jobs to an overabundance of

shoes and accessories. Copyright copy; Reed Business Information, a division of Reed Elsevier Inc. All rights reserved. "Absolutely brilliant!" -- Stephen R. Covey, author of *The 7 Habits of Highly Effective People* "This book will help you to recognize what you really value in life so you can let go of everything that's keeping you from reaching your true potential." -- Larry King "I've always been amazed by the way Julie Morgenstern can organize everything -- but until now, I didn't realize that included human minds, hearts, and souls." -- Martha Beck, author of *Finding Your Own North Star* About the Author Julie Morgenstern is an accomplished speaker, the bestselling author of *Time Management from the Inside Out*, and the founder and owner of Julie Morgenstern's Professional Organizers. Karen White has been narrating audiobooks since 1999, with more than two hundred to her credit. Honored to be included in AudioFile's Best Voices and Speaking of Audiobooks's Best Romance Audio 2012 and 2013, she is also an Audie Award finalist and has earned multiple AudioFile Earphones Awards.